

WHAT IS CLAIMED IS:

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1. An exercise apparatus, comprising:
a frame designed to rest upon a floor surface;
first and second force receiving members, each sized
5 and configured to accommodate a person's foot;
first and second cranks; and
first and second rocker links rotatably connected to
respective cranks, wherein one of the first crank and the first
rocker link is rotatably connected to the frame, and the other of
10 the first crank and the first rocker link is rotatably connected
to the first force receiving member, and one of the second crank
and the second rocker link is rotatably connected to the frame,
and the other of the second crank and the second rocker link is
rotatably connected to the second force receiving member.

15 2. The exercise apparatus of claim 1, wherein the first
rocker link is interconnected between the first crank and the
frame, and the second rocker link is interconnected between the
second crank and the frame.

20 3. The exercise apparatus of claim 2, wherein the first
and second force receiving members are pedals.

4. The exercise apparatus of claim 1, wherein the first
and second force receiving members are rotatably mounted to
respective cranks.

25 5. The exercise apparatus of claim 1, wherein the first
and second force receiving members are pedals.

6. The exercise apparatus of claim 1, wherein the first and second cranks are synchronized.

7. The exercise apparatus of claim 1, wherein each of the first and second force receiving members is movable through more than one elliptical path at the discretion of a person using the exercise apparatus.

8. The exercise apparatus of claim 1, wherein each of the rocker links is biased against movement in at least one direction.

9. An exercise apparatus, comprising:
first and second cranks;
first and second rocker links rotatably connected to respective cranks to form first and second crank and rocker link combinations;
a frame designed to rest upon a floor surface; and
first and second force receiving members, each sized and configured to accommodate a person's foot, wherein the first crank and rocker link combination is rotatably interconnected between the first force receiving member and the frame, and the second crank and rocker link combination is rotatably interconnected between the second force receiving member and the frame.

10. The exercise apparatus of claim 9, wherein the first rocker link is interconnected between the first crank and the frame, and the second rocker link is interconnected between the second crank and the frame.

10 11. The exercise apparatus of claim 10, wherein the first and second force receiving members are pedals.

11 12. The exercise apparatus of claim 8, wherein the first and second force receiving members are rotatably mounted to
5 respective cranks.

12 13. The exercise apparatus of claim 8, wherein the first and second force receiving members are pedals.

13 14. The exercise apparatus of claim 8, wherein the first and second cranks are synchronized.

10 15. The exercise apparatus of claim 9, wherein each of the first and second force receiving members is movable through more than one elliptical path at the discretion of a person using the exercise apparatus.

15 16. The exercise apparatus of claim 8, wherein each of the rocker links is biased against movement in at least one direction.

20 17. An elliptical motion exercise apparatus, comprising:
a frame designed to rest upon a floor surface;
first and second force receiving members, each sized
and configured to accommodate a person's foot;
first and second cranks interconnected between the
frame and respective first and second force receiving members in
such a manner that maximum displacement of the force receiving
members in a first direction is determined by rotation of the
25 cranks, and maximum displacement of the force receiving members
in a second, perpendicular direction is determined by user
exerted force applied to the force receiving members.

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